Rivalry renewed at Euro 2012

England and France's battle ends in a draw PAGE 22

SANDLER PLAYS IT A LITTLE RAUNCHY

COMEDIAN ADAM SANDLER STARS IN HIS FIRST R-RATED FLICK, THAT'S MY BOY PAGE 9

SASKATOON metro®

Tuesday, June 12, 2012

News worth sharing.

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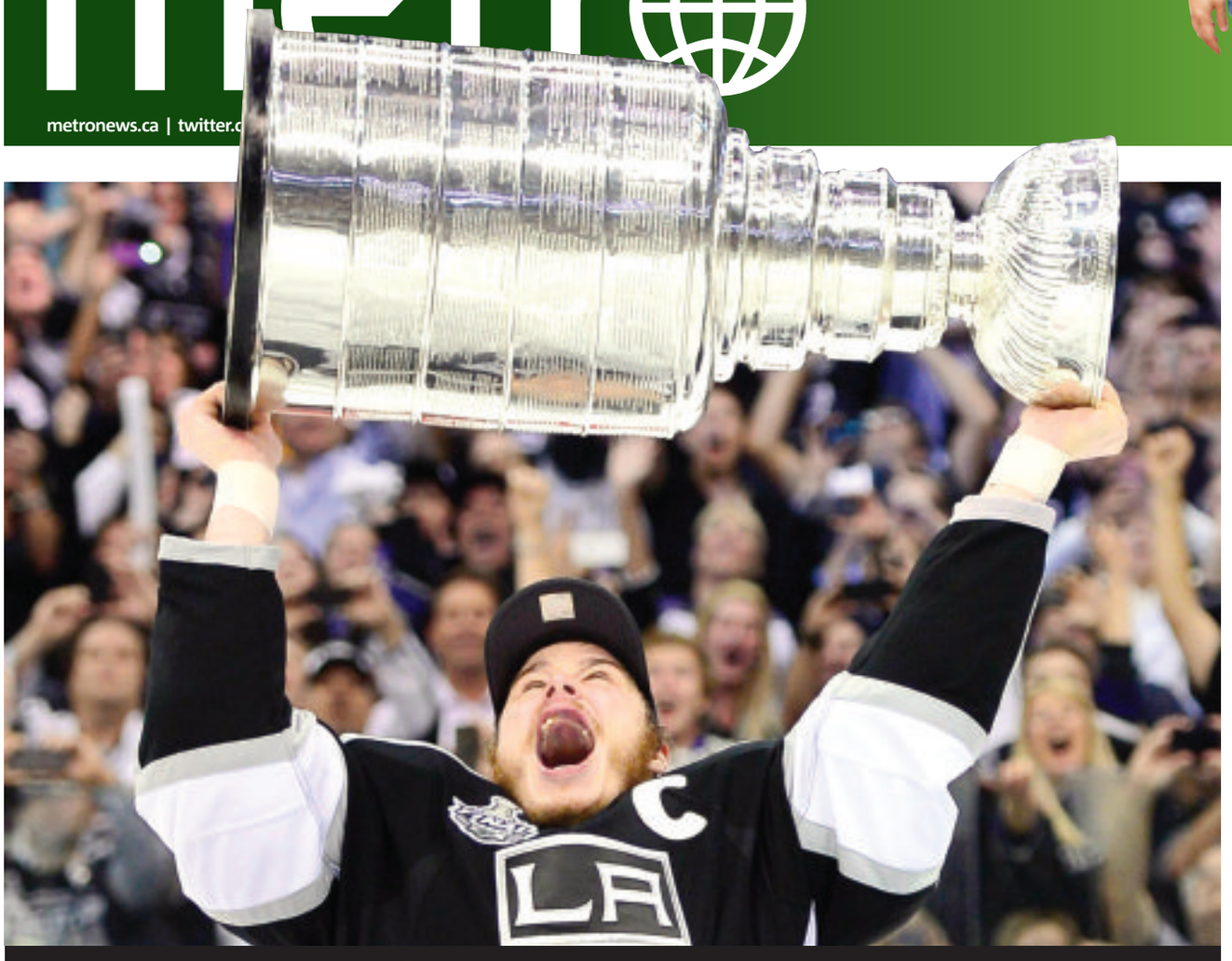

L.A. CROWNED CHAMPS

Los Angeles Kings captain Dustin Brown hoists the Stanley Cup after the Kings beat the New Jersey Devils 6-1 in Game 6 of the NHL final on Monday. More coverage, page 20.

MARK J. TERRILL/THE ASSOCIATED PRESS

Getting drivers to keep it down

Complaints about noisy vehicles have the city eyeing Noise Snare technology used in Calgary PAGE 2

No knocking out Lady Gaga

Singer sang on at a show in Auckland, New Zealand, despite suffering a concussion after a dancer whacked her in the head with a pole PAGE 10

Savour the sweet heat of grilled wings

Sweet and sticky honey hot wings are tender and juicy, and the skin is crisp, not flabby ... and they're cooked on a baking sheet PAGE 13

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1

NEWS

On the web

More than just on bended knee

From viral videos to public proposals, popping the question is getting more creative. Earlier this year, an Atlanta filmmaker created a stop-motion Lego proposal for his girlfriend, and last year someone popped the question through a custom film trailer. Watch these and more creative proposals at metronews.ca.

Remains of the drone

A U.S. naval drone aircraft crashed on Maryland's Eastern Shore on Monday without injuries or property damage on the ground, officials said. Go to metronews.ca to see the remains of the 13.4-metre plane after its routine training flight ended in disaster.

Mobile news

It was the stuff of a major film studio's next animation project: Nine African baby elephants were orphaned after their parents were poached, but then they were miraculously rescued and brought to a wild game park in Latin America. Scan the code to read the full story.

Flag raising a symbol of support: Pride organizers

Chance Briere, youth spokesperson for Saskatoon Pride Festival 2012, helps Brice Field, chair of the Saskatoon Diversity Network, raise the rainbow flag outside of city hall on Monday. MORGAN MODJESKI/METRO

Brice Field, chair of the Saskatoon Diversity Network, poses for a photo outside of city hall where the rainbow flag can be seen flying throughout the pride festival. MORGAN MODJESKI/METRO

Pride 2012. This year's festival theme is 'Out is in,' celebrating the city's acceptance

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Members of Saskatoon's LGBT community gathered outside of city hall on Monday morning for the ceremonial raising of the rainbow flag.

Brice Field, chair of the Saskatoon Diversity Network, said even though the community has come a long way within the city, there are places all over the world where people are still seeking equality.

"The queer community has made great strides within Canada to get those equal rights, but those rights aren't shared by queer brothers and sisters across the world," said Field.

"In eastern Europe, there are still people who face physical violence if they do choose to march in a pride parade," he added.

Field explained the flag raising serves as a symbol of support from the city, which is important to this year's festival with the theme being: "Out is in."

"This is one of my favourite parts of the pride festival," said Field.

"It really shows pride is accepted by our city and our city officials."

Chance Briere, youth spokesperson for the festival, said if it weren't for the pride festival and the strong community in Saskatoon he may not be here today, as they helped him through hard times when he came out.

"I've been through some pretty bad times and really coming out into the community and having that support system helped me through it," said Briere.

He said he feels having that support network in place is extremely important.

"Having friends who are accepting and having friends who are there for you always make a difference."

Lean on me

"I've been through some pretty bad times and really coming out into the community and having that support system helped me through it."

Chance Briere, youth spokesperson for the Saskatoon Pride Festival

City looks to Calgary to silence noisy cars

Saskatoon may be taking a cue from Calgary in regards to the monitoring and policing of loud vehicles.

A number of city councillors say they've been receiving complaints from constituents about noisy vehicles, and now the city is looking at introducing a device that could monitor a vehicle's decibel output.

The device, called a Noise Snare, was designed to help law-enforcement officers target vehicles that are making excessive amounts of noise. Saskatoon Police Service Chief Clive Weighill said it's something the force would be willing to get behind.

"We want to research what exactly is happening with the Noise Snare and see if it is really a sound system to use," said Weighill.

"I think the reason why we like it is because it will take in all vehicles, not just motorcycles."

But Weighill said the SPS and city administration would be in communication with the City of Calgary to monitor how well the device works before they make any decisions.

Testing

"We'd like to see a test in court and see if it's upheld or not before we move ahead and spend any money."

Clive Weighill, SPS police chief, on deciding whether to use the Noise Snare

"We'd like to see a test in court and see if it's upheld or not before we move ahead and spend any money," said Weighill.

"Calgary is really a step ahead of everybody else, to their credit, so we might as well take advantage of that."

The City of Saskatoon's executive committee recommended to city council Monday that the city send a letter to the provincial government inquiring about amending current bylaws that prohibit the use of such a device; send a letter to the board of police commissioners to examine how enforcement would look; and for city administration to keep in contact with Calgary on how well the device performs.

Weighill explained the SPS is currently authorized to issue a ticket for loud and unnecessary noise under the Provincial Highway Traffic Act, but said the new device could help identify what is too loud, rather than an officer.

"That's very judgmental on behalf of an officer," said Weighill.

"That's why we don't like using it, because when we get to court, what the officer's idea of loud and excessive is, compared to what a judge's may be, it gives us some problems, so that's why we've been asking for decibel readings."

Weighill said the SPS receives a number of complaints about noisy vehicles and thinks the Noise Snare could help them bring that number down.

Calgary started the enforcement of excessive noise in cars and light trucks in May of 2012.

MORGAN MODJESKI/METRO

Clive Weighill, chief of police, addresses media after a meeting with the city on ways of policing excessively loud vehicles. MORGAN MODJESKI/METRO

MoSo amplifies success of Saskatoon's tech sector

Conference. Contrary to popular belief, Saskatchewan has 'exciting growth' in technology industries

JANE CAULFIELD
jane.caulfield@metronews.ca

For many Canadians, Saskatoon evokes images of wheat fields and the Roughriders. But with the second annual MoSo Conference, a growing number of Canadians are starting to associate the city with mobile apps, interactive programming and innovative ideas in social media.

MoSo, which runs Thursday and Friday, celebrates everything about mobile programming, social media, creativity and entrepreneurship in the tech sector.

"We got such a good reputation last year," said conference co-organizer Ryan Lejbak.

"Speakers are totally enthusiastic and everyone is super pumped."

Featuring 37 speakers, the conference covers the latest trends in the industry while allowing people to share business tips and network with others in the industry.

"Really good projects and really good people is a 1-2 punch," Lejbak said.

He added that part of the appeal of the conference is that the city's tech community is down-to-earth.

"The great thing about Saskatoon is that we're supportive," he said.

"We've got such talented people here and such a strong community. And people are willing to share."

Lejbak said that Saskatoon has a lot of really exciting growth in the technology sector, citing a number of local companies that have been able to grow from a workforce of two to nearly 50.

"They've all hired people who have since left to start their own companies here in the city, " said Lejbak.

"No one sees that as a bad thing. It is helping to grow a strong industry here in Saskatoon."

Follow Jane Caulfield on Twitter @janecaulfield

Success

- **MoSo added more than 150 tickets this year, increasing participation capacity to approximately 400, and by Monday they had sold every last one of them.**

Co-organizer Ryan Lejbak speaks to delegates at last year's inaugural MoSo conference, Canada's mobile and social conference that celebrates technology and social media. CONTRIBUTED/LIAM RICHARDS

MoSo Fest

Tech and music scenes a natural fit

The MoSo Conference is paired with MoSo Fest — a festival celebrating the local music scene in Saskatoon.

According to co-organizer Matt Voyno, pairing Saskatoon's tech sector with the music scene is a natural choice.

"Both scenes are growing, both scenes have a new energy, and both have excited and engaged members," said Voyno. "Once you experience how seamlessly tech and music go together, you want to share that energy. MoSo is that energy."

MoSo Fest features 55 musical acts playing over a three-day period. Many acts are from Saskatchewan, if not from Saskatoon specifically. Other acts, like Hamilton, Ont.'s B.A. Johnson, are bands that play in Saskatoon regularly. METRO

Crime

RCMP lay murder charge

RCMP in Spiritwood have charged Jay Lyndon Thomas, 18, with second-degree murder in the death of Robi Davis Thomas. The 23-year-old was killed Saturday at Pelican Lake First Nations. Thomas was expected to appear in court in North Battleford Monday. METRO

Highway 7

Crash victims' names released

RCMP are releasing the names of people killed in Sunday's crash near Rosetown. Douglas Janzen, 47, his 19-year-old son, Allie Janzen, and 13-year-old son, Cassidy Janzen, all from Sorrento, B.C., were killed in the accident while travelling westbound in a four-door sedan. METRO

Roughriders dump QB hopeful

Colt Brennan THE ASSOCIATED PRESS

One of the four rookies hoping to stick as a backup quarterback for the Saskatchewan Roughriders has been released by the team.

Former Washington Redskin Colt Brennan was dropped on Monday.

A very promising player when he was with the University of Hawaii, Brennan was also a Heisman Trophy finalist.

QB numbers

4

The Roughriders currently have four quarterbacks under contract: Starter Darian Durant and backups Drew Willy, J.T. O'Sullivan and Levi Brown

After being selected by Washington Redskins in the sixth round of the 2008 NFL draft, Brennan was placed on injured reserve and released after training camp in 2010.

A short stint with the Oakland Raiders followed.

That leaves the Riders with four quarterbacks under contract: Starter Darian Durant and backups Drew Willy, J.T. O'Sullivan and Levi Brown. METRO

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First Nations

Mental-health needs highest for native youth: Study

Children and teens from First Nations communities and families on welfare were more likely to use hospital emergency departments for mental-health crises than other kids their age, a new study reports.

THE CANADIAN PRESS

First Nations

Chief confronts PM with challenge

Four years after Stephen Harper offered an apology to aboriginal peoples for residential schools, he is at a turning point in his relationship with First Nations, says National Chief Shawn Atleo. Harper can either take major, collaborative action or he can persist with small, empty measures.

THE CANADIAN PRESS

Grief counselling

School grieving over young victims

Grief counsellors were at an Ontario school Monday after a young student and her sister were killed in a van that was hit by a train.

Six-year-old Wynter Williams — a student at Belle River Public School — died with her three-year-old sister Brooklyn. Their brother is clinging to life.

THE CANADIAN PRESS

Gun registry

Quebec seeks to retain registry info

The Quebec government was in court Monday seeking province-sensitive information from the now-defunct federal long-gun registry. The law to destroy the registry came into effect in April everywhere else in Canada, but in Quebec the registry has continued to function under a court order. THE CANADIAN PRESS

Supporting terrorism

No retrial for man who aided group

A Canadian businessman convicted of providing support to a Pakistani terrorist group has lost his bid for a new trial. A jury acquitted Tahawwur Rana of involvement in a 2008 Mumbai attack but found him guilty of helping Lashkar-e-Taiba, the group that took responsibility for the attack.

THE CANADIAN PRESS

Toronto

Mall-shooting victim released

The 13-year-old boy who was hit in the head by gunshots fired at Toronto's downtown Eaton Centre has been released from hospital.

The boy was visiting the popular mall's food court with his mother and sister when the shooting broke out on June 2.

THE CANADIAN PRESS

Teen girls accused of trafficking

Ottawa. Pair are also charged with assault, abduction in unprecedented case

JESSICA SMITH
Metro in Ottawa

Police have charged two 15-year-old girls with human trafficking for the forced prostitution of three other teenage girls, a case investigators believe is unprecedented.

The girls are also charged with sexual and physical assault, forcible confinement, uttering threats, and abduction. Officers are looking for a third suspect, a 17-year-old girl.

The three female victims are aged 13 to 17. They were allegedly lured by the accused via social media and other means, and were forcibly confined and threatened, said Ottawa police Staff Sgt. John McGetrick.

"They were taken to other places for the purposes of prostitution," he said.

The victims were separately forced into prostitution, one on May 19, the second on May 31, and the third on June 3, he said.

"In checking with the RCMP, who have a lot of expertise in human trafficking, they are not familiar with another case of this nature," said McGetrick. "It's shocking."

McGetrick would not say if the accused girls had ever been victims of trafficking or prostitution themselves.

Police are not aware of any other victims, but if anyone has any information about this crime or similar crimes they are asked to contact the Ottawa Police Service sexual assault/child abuse section at 613-236-1222, ext. 5944, or Crime Stoppers toll free at 1-800-222-8477.

The names of the accused cannot be released due to provisions of the Youth Criminal Justice Act.

Momin Khawaja's mother, Azra, is seen during a recess at the Supreme Court of Canada, which was hearing an appeal regarding her son's terror case in Ottawa on Monday. Momin Khawaja is serving life in prison with no parole eligibility for 10 years. SEAN KILPATRICK/THE CANADIAN PRESS

Life sentence for terror convict too harsh, Supreme Court hears

The life sentence imposed on the first man convicted under the country's anti-terror law is unprecedented and should be reduced, the Supreme Court of Canada was told Monday.

Momin Khawaja, a former Ottawa software developer, is serving life in prison with no parole eligibility for 10 years.

Khawaja was originally sentenced to 10-and-a-half years in prison after his conviction in 2008, but the Ontario Court of Appeal imposed the stiffer sentence when he appealed his case.

Khawaja's lawyer urged the Supreme Court to overturn that sentence and re-establish the original penalty.

"I am asking court to say this unprecedented increase in sentence was wrong," lawyer Lawrence Greenspon argued Monday. "A life sentence in this case is unfit for the offence and the offender."

Khawaja was convicted in 2008 of training at a remote camp in Pakistan, providing cash to a group of British extremists and offences related to building a remote-control detonator.

The prosecution failed to prove Khawaja knew the detonator was to be used to detonate a 600-kilogram fertilizer bomb in downtown London. But Greenspon said the appeal court held Khawaja responsible for that offence when it upped its sentence. THE CANADIAN PRESS

Vancouver

Sentence handed to cup rioter

A one-month jail sentence has been handed to a 20-year-old Surrey, B.C., man for his role in the Stanley Cup riot a year ago.

Emmanuel Alviar was also given 16 months probation and ordered to perform 160 hours of community service after pleading guilty in March to participating in a riot. In addition, he must send apology letters to Vancouver's mayor and police chief.

Alviar kicked garbage at a burning vehicle, helped rock another car and smashed windows during the violence last June 15.

THE CANADIAN PRESS

Ottawa politics

Speaker OK's opposition tactics

The parliamentary show of protest over the Conservative government's controversial budget bill can go on, the Speaker of the House of Commons said Monday — a decision opposition critics hailed as the opening act of a great democratic drama.

The Tories, however, denounced the spectacle as a political farce.

Speaker Andrew Scheer agreed to allow for debate the majority of more than 800 proposed opposition changes to Bill C-38, the government's so-called omnibus bill.

THE CANADIAN PRESS

Montreal riots

Group calls for review of police

Montreal police are being accused of political profiling — of searching and detaining people wearing the red square, the symbol of Quebec's protest movement.

A Quebec student group is calling for an independent inquiry into police actions over the Formula One Grand Prix weekend while also gathering details from recent weeks for a potential lawsuit.

The group, the hardline CLASSE student association, is now gathering testimony from people who say their civil rights were violated.

THE CANADIAN PRESS

100 feared killed in Afghan quake and landslide

Hindu Kush. Houses were destroyed in five districts

As many as 100 people are feared dead in an earthquake and landslide that buried more than 20 houses in northern Afghanistan on Monday.

Rescuers have so far pulled two women's bodies from the rubble of the landslide in Baghlan province, said provincial Gov. Abdul Majid.

The UN confirmed one other death and said houses were destroyed across five districts.

A massive landslide of mud and rocks buried houses so deep in the remote mountain village of Sayi Hazara that rescuers gave up trying to use shovels to dig through.

There were no visible signs of the buildings underneath.

"We need bulldozers or other machinery," said Jawed Basharat, a spokesman for the provincial police chief who was part of a team that examined the village after the slide.

THE ASSOCIATED PRESS

Details

An earthquake measuring magnitude 5.4 struck the Hindu Kush region Monday morning, followed by a 5.7 quake, the U.S. Geological Survey said. Both were felt as far away as the Afghan capital, Kabul, where buildings shook.

- Officials knew how many houses were buried only from information provided by area residents, who said between 25 and 30 houses "disappeared" in the landslide.

Afghanistan. Coalition airstrikes on civilian homes to be curtailed

From left, Gen. John Allen, head of coalition forces, U.S. Defense Secretary Leon Panetta and U.S. Ambassador Ryan Crocker are seen in Kabul, Afghanistan. THE ASSOCIATED PRESS

The U.S.-led military coalition in Afghanistan is limiting airstrikes against civilian homes to self-defence for troops.

This follows a strike last week that killed women and children alongside insurgents, a spokesman for the alliance said Monday.

Such airstrikes are now being designated a weapon of last resort to rescue soldiers — this will cut back their use.

Though airstrikes on homes are a small part of the international operations in Afghanistan, they have brewed resentment among Afghans, even when there are no casualties, because of the sense that homes and privacy have been violated.

Civilian deaths from such operations have threatened to derail the Afghan-U.S. alliance.

A pact signed by the Afghan government and the U.S. military in April, putting Afghans in charge of joint raids in villages, was supposed to ease these tensions.

Of the 3,000 NATO airstrikes in the past six months, only 10 of them were against civilian homes. Of those 10, seven resulted in civilian casualties.

THE ASSOCIATED PRESS

Afghanistan

Pregnant woman killed by bomb

An ambulance struck a roadside bomb while rushing a pregnant woman and her family to a hospital in northern Afghanistan on Monday, killing the woman and four of her family members, the Interior Ministry said.

The incident makes a total of nine civilians killed in insurgent attacks or bombings in one day.

The dead included two women and two children, while another two people were wounded, the ministry said. The vehicle hit the explosive in Sar-e-Pul city, the capital of the northern province of the same name.

Earlier Monday, two women and two children were killed in the east when a mortar fired by insurgents hit their home in Ghazni province's Gilan district.

The militants appeared to be aiming for a building nearby.

THE ASSOCIATED PRESS

Egypt

Defibrillator used on Mubarak

Doctors used a defibrillator twice on Hosni Mubarak when they could not find a pulse Monday, the latest health crisis for the ousted Egyptian dictator since he was sentenced to life and moved to a prison hospital nine days ago.

Mubarak is slipping in and out of consciousness.

THE ASSOCIATED PRESS

Former Egyptian dictator Hosni Mubarak is shown being taken to court in 2011. THE ASSOCIATED PRESS

British Prime Minister David Cameron and his wife Samantha appear at a party conference in this file photo. THE ASSOCIATED PRESS

British PM leaves daughter, 8, in pub

Family outing. Child was separated from parents for 15 minutes — until Cameron popped round the Plough to collect her

It's every parent's nightmare — get home, and realize a child is missing.

British Prime Minister David Cameron's office confirmed Monday that he accidentally left his eight-year-old daughter Nancy in a country pub after a family Sunday lunch.

Officials said the incident happened "a couple of months ago," as the family was leaving the pub near Chequers, a country house prime ministers use while in office, west of London.

Nancy had gone to the bathroom while Cameron and the rest of the family piled into two cars to drive back to the house.

Cameron was travelling in one car with his bodyguards and assumed that she was in the other car with his wife Samantha and two other children. Samantha assumed Nancy was with her father, and they only realized she was missing when they got home.

In a statement, Cameron's Downing Street office said "the prime minister and Samantha were distraught when they realized Nancy wasn't with them. Thankfully when they phoned the pub she was there safe and well."

Nancy was separated from her parents for around 15 minutes until Cameron arrived to collect her from the Plough in the village of Cadsden, officials said.

Sunday pub lunches have long been traditional in Britain, with fare often including roast beef, potatoes, and salad along with red wine, beer or ale. THE ASSOCIATED PRESS

Partisan era. Reagan, dad wouldn't have fared well in today's GOP: Jeb Bush

Former Florida governor Jeb Bush THE ASSOCIATED PRESS FILE

Respected Republican Jeb Bush suggested Monday that neither adored conservative icon Ronald Reagan nor his own father, George H.W. Bush, would have enjoyed much success in today's ultra-conservative, intensely partisan Republican party.

"They got a lot of things done with bipartisan support, but right now it's just difficult to imagine," Bush, brother of the 43rd U.S. president and son of the 41st, said in a roundtable discussion with reporters and editors held by Bloomberg View in Manhattan.

"Ronald Reagan would have, based on his record of finding accommodation, finding some degree of common ground, as would my dad — they would have a hard time if you define the Republican party — and I don't — as having an orthodoxy that doesn't allow for disagreement, doesn't allow for finding some common ground."

Bush, a moderate believed to be eyeing a run for president in 2016, called the partisanship disturbing, but added he thinks it's "temporary." THE ASSOCIATED PRESS

Chopper at work

A helicopter makes a water drop on the High Park wildfire near Fort Collins, Colo., on Monday. While that fire burns out of control in northern Colorado, an unchecked blaze is choking a small community in southern New Mexico. ED ANDRIESKI/THE ASSOCIATED PRESS

Markets not affected by budget delays

Omnibus bill. Harper government selling speedy passage of C-38 as essential to job creation, economy

The political brouhaha over the Harper government's massive omnibus budget bill seems to have raised barely a ripple in the arena it's supposed to matter most — equity and financial markets.

That's because regardless of the merits of the 425-page bill under scrutiny in Parliament, economists say there are few worries on Bay Street that at the end of the day the budget will be rejected, an unusual response given the way the government has sold the urgency of passing C-38 — and quickly.

For the past several weeks, Tory ministers have pressed the case that delay is not an option given the fragile nature of the economy and that jobs and growth were at stake.

On Sunday, Tory House Leader Peter Van Loan characterized the issue in stark terms.

"The NDP and Liberals' obstruction and delay is a threat to Canada's economic growth and prosperity," he affirmed in a release.

The opposition dismissed such warnings as so much hooey, that, in Green party Leader Elizabeth May's words, they "would be laughable if it weren't so serious."

THE CANADIAN PRESS

Budget components

The budget's major themes have an eye to the long game — free trade and innovation as economic drivers, a more sustainable public-pension system that won't kick in until 2023, changes to environment-protection rules to speed up future resource projects, and tweaks to employment insurance eligibility rules to encourage job seeking.

Microsoft

The Orwellian future of ads?

Microsoft has filed patents for systems that can scan online activity, including facial expressions captured in video conversations, to detect a user's emotions in order to match online advertisements with their moods. A recently surfaced patent application describes pairing advertisers with users in a particular emotional state. This would see weight-loss ads matched with unhappy people (who are more likely to want to change their lifestyle) and electronic ads with happy people (more likely to spend). TORSTAR NEWS SERVICE

Market Minute

DOLLAR
96.97¢ US (-0.4¢)

TSX
11,401.78 (-98.85)

OIL
$82.70 US (-$1.40)

GOLD
$1,596.80 US ($5.40)

Natural gas: $2.218 US (-8.1¢)
Dow Jones: 12,411.23 (-142.97)

Craig Federighi, vice-president of Mac software, talks about the new Mountain Lion software during the Apple developers' conference in San Francisco on Monday. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Apple 'friends' Facebook

Fresh off a disappointing initial public offering, Facebook is getting a big boost from Apple, which is building the social network deep into its iPhone and iPad software.

With the next version of Apple Inc.'s software, users will be able to update their Facebook status by talking to their phones. Users will also be able to "like" movies and apps in Apple's iTunes store, Apple executive Scott Forstall said in San Francisco at Apple's annual developers' conference.

Siri, Apple's voice-command application, will add a host of new languages, including Spanish, Korean and Mandarin Chinese, Forstall said. "She" will also be able to launch applications and movies. She will also run on iPads for the first time.

Apple says the new software, iOS 6, will launch this fall. It updates the software annually, usually coinciding with the release of a new iPhone.

Even as Apple lends Facebook a hand, it's cutting off one of its links to Google Inc., which makes a rival suite of software for smartphones. IOS 6 will use Apple's own Maps applications rather than Google's. The application will come with traffic reports and turn-by-turn navigation.

Apple also said the new version of its Mac operating system, Mountain Lion, will go on sale next month for $20 US. The update brings features from Apple's phone and tablet software, like the iMessage texting application, to the Mac.

THE ASSOCIATED PRESS

THERE'S NO DEFENCE FOR DIGITAL SNOOPING

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I hate to admit it, but sometimes I can't resist the urge to take a nosy peek through the contents of my boyfriend's cellphone.

I've never felt suspicious of him, maybe just a bit curious as to what I might find. Fortunately, I've never discovered any incriminating materials or made any startling revelations about our relationship. All I ever find is a series of missed calls from his mother and an embarrassingly low Angry Birds score.

I spy with my little eye

"While feeling the desire to pry into password-protected belongings isn't intrinsically wrong, acting upon it certainly is."

Even though my occasional smartphone spying is relatively harmless, I always feel foolish and irritated with myself afterwards for acting like a jealous teen. Being in a grown-up relationship requires a certain level of trust. So while feeling the desire to pry into password-protected belongings isn't intrinsically wrong, acting upon it certainly is.

For some people, a logged-in Facebook account or an unlocked iPhone is just too tempting. If you do give in to the urge, it's always a disappointing experience. You'll never find a series of text messages to his or her friends about how amazing you are. Best-case scenario, you'll scroll through a series of boring work emails and perhaps a few photos of the two of you. At worst, you'll catch your partner in a hazardous web of secrecy and lies.

So why do we spy even though we know that no good can come from it? The desire to play detective can stem from many things: Suspicions of foul play, insecurity or jealousy. But whatever the reason, even if it is just innocent curiosity, there's no respectable excuse for violating your partner's privacy.

Not only is it morally questionable to breach someone's personal property, it can be an emotional minefield. Hacking into a Facebook account to find proof of infidelity might validate your jealousy, but it isn't going to make you feel any better. The catch-22, of course, is that you can't confront your adulterous other half without exposing your own immature, unethical behaviour.

Happy, healthy relationships are the result of hard work and open communication. If you're not satisfied with face-to-face dialogue and feel the need to go behind the other person's back, well, then something isn't right.

Ultimately, there is no excuse for betraying your partner's trust in the name of private investigation. So think before you act and be honest with yourself — you're not doing it to learn more about his or her taste in apps, you're hoping to find something incriminating.

And remember, if you go looking for something bad, you're probably going to find it.

Unearthing China's past

THE ASSOCIATED PRESS

Warriors revealed

Standing tall, again, centuries later

A terracotta warrior is unearthed at the excavation site inside the No. 1 pit of the Museum of Qin Shihuang Terracotta Warriors and Horses in Xi'an, in central China's Shaanxi province, in this photo taken on Saturday.

Chinese officials said archaeologists unearthed 110 terracotta warriors that laid buried for centuries. THE ASSOCIATED PRESS

Researchers unearth statues at the excavation pit. The statues were originally built to guard the tomb of China's first emperor. THE ASSOCIATED PRESS

Historic find

"The most significant discovery this time around is that the relics that were found were well-preserved and colourfully painted."

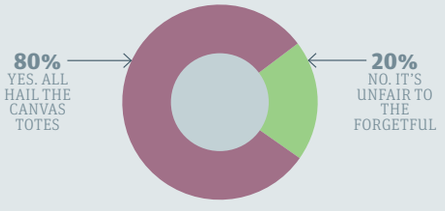
Shen Maosheng, deputy head of the Museum of Qin Shihuang Terracotta Warriors and Horses archaeology department, speaking to the AFP of the three-year project.

Look and you shall find. GETTY IMAGES

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should cities ban plastic bags?



Twitter

@misscherylr: Sitting in #yyc waiting to go to #yqr and #yxe . I love airports the ppl-watching is the best. #lil-bitofacreeper

@PowerLineman000: @Wpg_BlueBombers Banning cowbells now? Glad I pulled my season tickets on you clowns. Wish I lived closer to #Rider-nation

@deanchan: Where can a guy get Vegemite in #yxe?

@SaskSchoolBoard: Graduation ceremonies ongoing across the province. Congratulations to the #sask Class of 2012 who make #SaskEd and #skteachers proud!

@Dimiperdis: Happy birthday to my Theo G! All the best! #RiderNation

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DVD reviews

Sherlock Holmes: Game of Shadows

Director. Guy Ritchie

Stars. Robert Downey Jr., Jude Law, Jared Harris

It was elementary that there'd be a sequel after the success of Robert Downey Jr.'s first muscular evocation of the Sleuth of Baker Street. But did it have to be this mechanical? Teamed again with Jude Law as his bromantic partner Dr. Watson, Downey gets off a few good lines and achieves some mild suspense. But his first screen pairing with Prof. Moriarty (Jared Harris), the classic Holmes nemesis, is drained of passion for much of the picture. Returning director Guy Ritchie favours endless versions of slo-mo previews of action sequences. Downey, Law and Ritchie need to do some detective work to find more compelling scripts, if this franchise hopes to continue.

PETER HOWELL

In Darkness

Director. Agnieszka Holland

Stars. Robert Wieckiewicz, Benno Furmann

The shorthand description of In Darkness, a stirring work by Polish director Agnieszka Holland, is that it's a subterranean version of Schindler's List. This film and the Steven Spielberg Oscar winner both feature accidental heroes, people moved by circumstance to aid Hitler's prey. Schindler's counterpart is Leopold Socha (Robert Wieckiewicz). He makes In Darkness seem as much a description of his soul as it is of tunnel life beneath the streets of Nazi-occupied Lvov, Poland.

PETER HOWELL

Adam Sandler and Andy Samberg star in That's My Boy, which opens Friday. HANDOUT

Funnyman Sandler ramps up the raunch

That's My Boy. Actor treads into R-rated comedy territory for the first time — with Andy Samberg in tow

NED EHRBAR
Metro World News in Hollywood

Folks who aren't the biggest fans of Adam Sandler's brand of humour might find it hard to believe, but he's never starred in an R-rated comedy — until his latest, That's My Boy, that is. While his rare dramatic efforts generally get the restricted rating, Sandler has stuck firmly in PG-13 territory when it comes to his comedies. And it's paid off for him. In the past five years, only two films starring Sandler — the drama Funny People and last year's dismal Jack and Jill — have grossed less than $100 million at the U.S. box office, and worldwide his movies have pulled in $3.2 billion. So if playing to the middle school crowd had proved so lucrative for him, why risk ramping up the raunch now?

"I've done some stuff in the past few years where I've cursed a bit and it felt good," Sandler admits, though he says his decision to go with the R-rated That's My Boy was purely motivated by the story itself. "It was just a funny script. I liked the idea, and I liked the idea of hanging out with everybody. (Andy) Samberg actually called me up and told me that he liked it, and that got me excited."

But certainly for Sandler — who has proved a savvy producer and executive with Happy Madison Productions — that's not really it. After all, in the past few years R-rated comedies have become a viable proposition for studios once again, especially with the success of films like the Hangover and Bridesmaids. For a man that's made millions keeping it clean, such a sea change couldn't have gone unnoticed.

"It was fun to speak the way that I speak in my bathroom," Sandler says. "I grew up cursing a lot. It felt natural. My parents told me to stop. They weren't enjoying my albums, and they weren't enjoying a lot of the things I did with my life. And then, my father passed away and he's not here to yell at me anymore. I bullied my mother and said, 'Here comes some more dirtiness. Sit and enjoy it.'"

Still, as much fun as Sandler had, he insists he's still taking everything on a project-by-project basis — though that of course could change if That's My Boy performs well. "If a movie comes to me that is rated R and I like it and connect with it, I would do that," he says. "But it wasn't a choice. I don't know what I'm doing next. I never know what's coming next. I definitely yell at people in my life going, 'What the f— am I doing next?' a lot. But I don't really ever know what's happening."

SNL memories

Sandler's words of advice

Co-starring with Andy Samberg — who recently announced his departure from Saturday Night Live — gave SNL alum Adam Sandler a chance to think about his own departure from the long-running comedy show 17 years ago. "You're scared when you go. SNL is a home," Sandler says. "There are 20 shows a year and you're definitely going to get on some of them and get to do your thing. When that goes away, there's no life jacket. You're just on your own and you've gotta figure it out."

2 SCENE

Scene in brief

Jersey Shore's Cortese arrested

A Jersey Shore cast member has been arrested in the New Jersey town where the MTV show is based. Seaside Heights Police Chief Tommy Boyd tells WNBC TV in New York that Deena Cortese was arrested Sunday afternoon on a disorderly conduct charge. Boyd says a borough officer saw Cortese "a little intoxicated" and standing in the middle of a street, slapping cars that were driving by. Boyd says Cortese was taken to police headquarters and later released on a summons. MTV publicists did not immediately respond to requests for a comment, and a number for Cortese could not be located. The popular reality show just recently started shooting its new season in the Ocean County community.

THE ASSOCIATED PRESS

On the web

A moody Mad Men season finale with Don Draper, a man who has it all, except contentment

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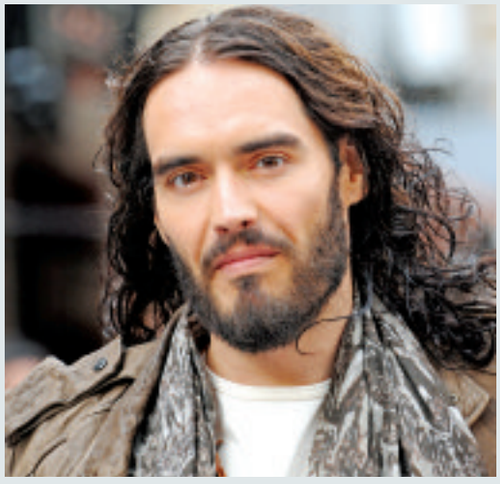
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Brand is going for this look, thank you



THE WORD
Monica Weymouth
scene@metronews.ca

He was on home turf and brought his mom as a date, but even still, Russell Brand couldn't catch a break at the London premiere of Rock of Ages. While the comedian walked the red carpet for his new film, fans yelled that he looked like "Jesus" and a "homeless person."

Brand — like most people confined to skin-tight jeans and ornamental cowboy boots — didn't risk getting in a fight, instead taking it as a compliment.

"I'd like to play Jesus, and wasn't he homeless for a while too?" he answered, according to UK newspaper The Mirror.

He also admitted that his role as a rocker with a wild streak wasn't that much of a stretch.

"When I was lying on the toilet floor I thought, 'Hello, here we are again on my own,'" says Brand, who struggled publicly with drugs and alcohol before sobering up.

Lady Gaga ALL PHOTOS GETTY IMAGES

She's on the edge... of passing out: Gaga goes on post head bonk

Lady Gaga reportedly suffered a concussion after a backup dancer accidentally whacked her in the head with a pole during a concert in Auckland, New Zealand, according to Us Weekly.

But while she was seen staggering backward after the blow, the singer continued, finishing her show.

"Gaga has a concussion but she is going to be OK," her makeup artist, Tara Savelo, posted to Twitter Monday. "Can't believe she finished the show."

Getting the job done

"Gaga has a concussion but she is going to be OK. Can't believe she finished the show."

Makeup artist Tara Savelo on Twitter

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Cannabis vs. cancer

Tommy Chong

Tommy Chong, one half of comedy duo Cheech & Chong and a longtime marijuana enthusiast, has revealed that he was diagnosed with prostate cancer — and he's using cannabis to treat the condition, according to CNN. Chong says he started seeing symptoms eight years ago "while incarcerated for selling drug paraphernalia," he says.

Chong is using hemp oil to fight his "slow state one" cancer, "so (legalizing marijuana) means a lot more to me than just being able to smoke a joint without being arrested," he says.

The rock don't mean a thing: J. Lo jewels not about nuptials

Jennifer Lopez stepped out recently with boyfriend Casper Smart — and an eye-catching diamond ring on her left hand, prompting engagement talk about the couple.

But Lopez is quick to shoot them down.

"Rumours! Don't be fooled by the rocks that I got," Lopez says in a statement on her website, quoting one of her hit songs.

"No engagement!"

Jennifer Lopez

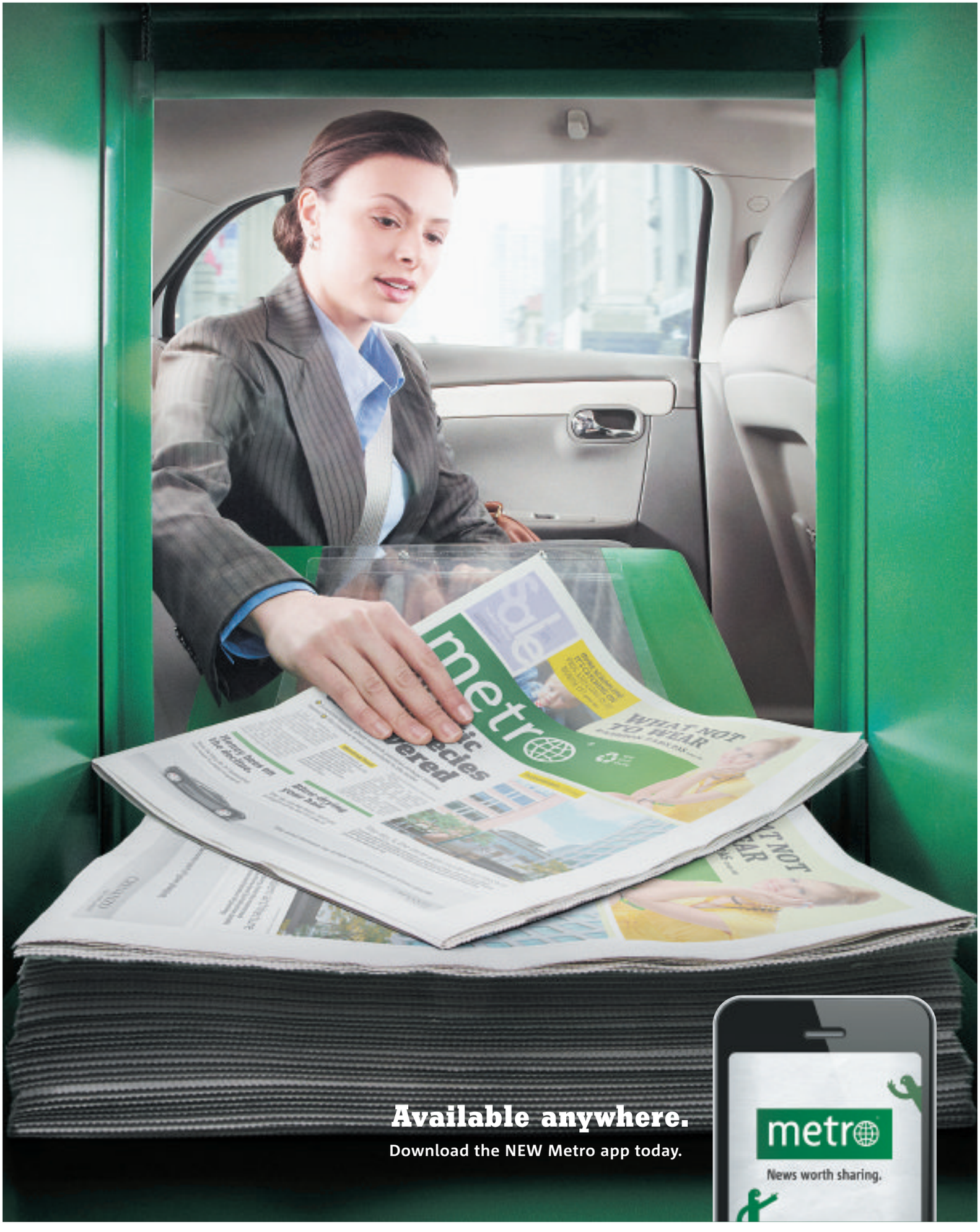
Twitter

@nicolerichie
My cat wants to drop her last name and only go by "Gypsy", that egotistical bitch

@_juliannemoore
I am never listening to my dog about the NBA again.

@aplusk
Are we sure that banning Big Gulps in NY is constitutional?

@SethMacFarlane
From now on, songs are no longer allowed to use the words "baby" or "yeah".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WHAT NOT TO WEAR
Available anywhere.
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News worth sharing.

3 LIFE

Picks of the week

Summer skin pick

Kiehl's AÇAÍ Damage-Repairing Serum

Enriched with anti oxidant açaí berries, this super serum will help restore the tone and elasticity of your sun-damaged skin and ward off the first signs of ageing. Gently massage onto clean skin before you moisturize.
ROMINA MCGUINNESS

50%

According to a clinical trial published in the Canadian Medical Association Journal, taking iron supplements reduced fatigue by almost 50 per cent in women who are low in iron but not anemic.
METRO

On the Web

Study: Cutting isn't just a teen thing — even some seven-year-olds self-injure to cope with stress

The summer skin DIY guide

ADVICE. Don't let a sunburn ruin your summer holiday — or your health. Use the Fitzpatrick Skin Type chart, a skin classification system based on complexion, to determine your tolerance and resistant to the sun's UV rays.

ROMINA MCGUINNESS
life@metronews.ca

Skin-care expert Michelle Moyer, founder of the Pulse Laser & Skin Care Center in New York, helps you identify your skin type, to help you have a sun-filled, but damage-free summer.

Define your type

- **You never or rarely tan and always burn.** Skin type 1-2
- **You often tan and rarely burn.** Skin type 3-4
- **You always tan and very rarely burn.** Skin type 5-6

Problem Solved

So...will I get cancer? Help!

MICHELLE MOYER
Skin care expert

Why is lighter skin more prone to skin cancer than darker skin, but less prone to skin allergies?
Michelle Moyer: "Lighter skin is more prone to skin cancer as it has less melanin, which is what protects it from sun damage.

The less melanin you have, the less protection you have from the sun, and the higher your risk of skin cancer. But when choosing skin treatments, such as chemical peels or microdermabrasion, lighter skin tones can tolerate more aggressive treatments because they're linked to polar region ancestry and can tolerate harsher conditions."

TYPE 1: ala Lily Cole

Natural skin colour before sun exposure: extremely pale or ivory white.
You have: blonde or red hair and light eyes.
Reaction to sun exposure: you never tan.
Sensitivity: highly sensitive to the sun but resilient to peels.

SKIN TIPS:

- **SPF.** 30+ and clothing of UPF (Ultraviolet Protection Factor) of 30+
- **Risk of sunburn on a scale of (1-10).** 10
- **Risk of skin cancer.** high
- **Best time for sun exposure.** before 11 a.m. and after 5 p.m.

TYPE 4: such as Jennifer Lopez

Natural skin colour before sun exposure: brown to dark brown.
You have: dark brown to black hair and brown, blue or green eyes.
Reaction to sun exposure: you tan well and rarely burn.
Sensitivity: you're sensitive to peels.
SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8 (Persistent Pigment Darkening)
- **Risk of sunburn (1-10).** 4
- **Risk of skin cancer.** low
- **Best time for sun exposure: before noon and after 4 p.m.**

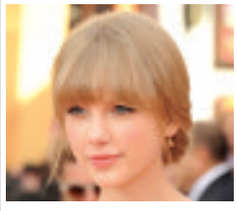
TYPE 2: such as Taylor Swift

Natural skin colour before sun exposure: fair with a golden undertone.
You have: dark blonde to brown hair and green, hazel, blue or brown eyes.

Sensitivity: sensitive to the sun but resilient to peels, microdermabrasion and other facial treatments

SKIN TIPS:

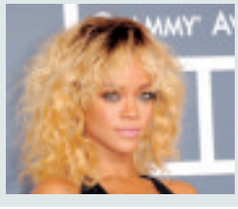
- **SPF.** 30+ and clothing of UPF (Ultraviolet Protection Factor) of 30+
- **Risk of sunburn (1-10).** 8
- **Risk of skin cancer.** high
- **Best time for sun exposure.** before noon and after 5 p.m.

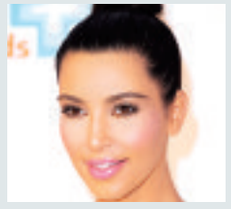


TYPE 5: such as Rihanna

Natural skin colour before sun exposure: dark brown.
You have: dark brown to black hair and hazel, brown or dark eyes.
Reaction to sun exposure: you almost never burn and tan easily. **Sensitivity:** you are very sensitive to facial treatments but not to the sun.
SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8
- **Risk of sunburn (1-10).** 2
- **Risk of skin cancer.** low
- **Best time for sun exposure.** avoid the hours from noon till four





TYPE 3: such as Kim Kardashian

Natural skin color before sun exposure: light brown to olive.
You have: brown to dark brown hair with blue, green, hazel or brown eyes.
Reaction to sun exposure: you often tan but occasionally burn.
Sensitivity: Moderately sensitive to the sun.

SKIN TIPS:

- **SPF.** 30+ with a PPD factor 8 (Persistent Pigment Darkening)
- **Risk of sunburn (1-10).** 6
- **Risk of skin cancer.** medium
- **Best time for sun exposure.** before noon and after 4 p.m.

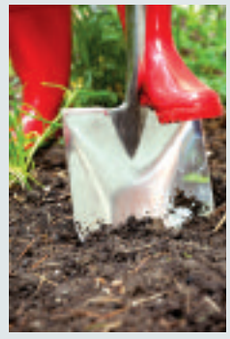
TYPE 6: such as Naomi Campbell

Natural skin colour before sun exposure: dark brown or black.
You have: black hair and dark brown eyes.
Reaction to sun exposure: you tan very easily and have a very small chance of burning. **Sensitivity:** you are highly sensitive to facial treatments, but not the sun.
SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8
- **Risk of sunburn (1-10).** 1
- **Risk of skin cancer.** low

Best time for sun exposure avoid the hours from noon till four

Best Health



Burn calories in the garden

If you like gardening, you know it's a good workout — sometimes you can wake up the next morning and feel like you've just run a marathon. That's because when you're out in the fresh air surrounded by plants and flowers, it's easy to forget you're actually exercising. Bending, raking, digging and hauling bags of mulch requires flexibility and strength — in fact, you can burn 300 calories an hour gardening.
In the summer issue of Best Health magazine, on newsstands now, you can find an article all about how the secret to getting the most out of your "garden workout" is an adequate warm-up and stretching. Here is some of that advice:
– Walk around outside for a few minutes to warm up, then do some gentle stretches of your hamstrings, quadriceps and lower back.
– Once you start gardening, change positions at least every 15 minutes.
– Use a kneeling pad to reduce stress on your knees.
– Use a wheelbarrow to carry heavy bags such as soil.
– Always wear sunscreen and a wide-brimmed hat, even on grey-sky days.
– And keep a bottle of water with you so it's easy to stay hydrated
TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Thoughts on

Kindness

Ask yourself: have you been kind today? Make kindness your daily modus operandi and change your world and of those around you. Whether you are giving or receiving, it is a gift to all involved. Kindness is in our nature; practice giving and receiving it freely.
NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE.

This ain't your mom's ham-and-cheese sandwich

Guinness Marinated Flank Steak Sandwiches

This recipes serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

The depth of flavour from the Guinness marinade in this recipe is enhanced by a touch of rich herb and garlic cheese that melts on the hot steak and onions.

Freeze the cheese to make it easier to shave just enough on the top of the grilled steak and onions. This prevents too much cheese from being layered on.

Onions are easier to grill without falling apart if you skewer them before cooking. Cut an onion into 1-cm (1/two-inch) thick slices. Thread the centre of each onion with a bamboo skewer that has been soaked in water. Place the onion skewers on the cooking grates and turn once halfway through cooking.

1. Use paper towels to pat steak dry, then set it in a glass or stainless-steel container with a tight cover. Pour Guinness over steak. Set onion slices on top of steak, then cover container and refrigerate for 1 to 2 hours.

2. Heat a gas or charcoal grill to medium. Set cheese in freezer. Remove meat and onions from marinade and pat dry. Brush everything with a thin coat of olive oil, then season with salt and pepper. Place steak and onions on cooking grate over direct heat and sear for 6 to 8 minutes. Turn steak and onions and sear on second side for another 6 to 8 minutes. (Alternatively, you also can sear steak and onions on a stovetop grill or grill pan for several minutes per side, then finish cooking in a 180 C/350 F oven set on a rack over a sheet pan.)

3. Transfer steak and onions to a platter. Remove cheese from freezer and use a vegetable peeler or paring knife to shave Boursin on top of steak and onions. Cover with foil and set aside. Brush each slice of bread with oil, then grill them until lightly toasted, 1 to 2 minutes. Thinly slice steak, then assemble sandwiches with bread, steak and onions.

Ingredients

- 1-kg (2-lb) flank steak or London broil, at least 2.5 cm (1 inch) thick
- 1 can (441 ml/14.9 oz) Guinness beer
- 2 large red onions, cut into 1-cm (1/2-inch) thick slices
- 1 small container Boursin cheese
- Olive oil
- Kosher salt and ground black pepper, to taste
- 8 thick slices country bread

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, A GRILLING AND SOUTHERN FOODS EXPERT AND EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS IN NEW YORK AND WASHINGTON, AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK.

Breakfast Pie for dinner.
Try this savoury pie for the ultimate comfort meal

1. Bake pie shell in 200 C (400 F) oven according to package directions for a baked pie shell; set aside.

2. In a skillet, fry bacon until crispy, remove and drain on paper towels. Toss with maple syrup and set aside.

3. Heat sausage according to package directions and place on bottom of baked pie shell. Top with shredded cheese and half the bacon.

4. In a bowl, whisk eggs and milk. Season with salt and pepper. Pour into pie shell.

5. Bake in 180 C (350 F) oven 30 mins. until filling is almost set. Sprinkle with remaining bacon and bake for an additional 15 mins. or until egg mix has set. Let stand 5 mins. before serving. THE CANADIAN PRESS/MAPLE LEAF FOODS AND TENDERFLAKE/ EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, AND CHEF. VISIT, EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 frozen deep-dish pie shell
- 6 slices reduced salt bacon, coarsely chopped
- 30 ml (2 tbsp) pure maple syrup
- 5 fully cooked sausage rounds
- 125 ml (1/2 cup) shredded cheddar cheese
- 5 large eggs
- 125 ml (1/2 cup) 2% milk
- Salt and pepper to taste

Addictive sweet heat

No grill handy? These Sweet and Sticky Honey Hot Wings can also be cooked on a rimmed baking sheet fitted with a metal rack. Roast them for 30 minutes at 400 F, then toss them with the barbecue-honey sauce and roast for another 20 to 25 minutes.

1. In a medium bowl mix together the barbecue sauce and honey. Refrigerate until needed.

2. Divide the bottle of Frank's hot sauce evenly between the 2 plastic bags. Add half of the chicken to each bag, then seal the bag and turn to coat evenly. Refrigerate to marinate for at least 2 hours, or up to overnight.

3. When ready to cook, heat one side of the grill to medium, the other to low. Remove the barbecue-honey sauce from the refrigerator to warm to room temperature.

This recipes serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. Open each bag just at corner and tip it over sink to drain the marinade. Add 2 tablespoons of olive oil and a pinch of salt to each bag, then reseal the bags and shake gently to coat. Using tongs, transfer the chicken to the cooler side of the grill.

5. Cover the grill and cook for 40 minutes, or until starting to brown. Remove the chicken from the grill and place in a large bowl. Pour the barbecue-honey sauce over the wings, then use tongs to toss them to coat well.

6. Place wings back on the grill for another 15 to 20 minutes. Remove from the grill and let rest for 5 minutes before serving.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, GRILLING AND SOUTHERN FOODS EXPERT AND EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS IN NEW YORK AND WASHINGTON, AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK

Ingredients

- 1 cup molasses-based barbecue sauce
- 1 cup honey
- 12-oz bottle Frank's Red Hot Original Cayenne Pepper Sauce
- 2 gallon-size heavy-duty zip-close plastic bags
- 4 lbs chicken wings and/or drummettes
- 4 tbsp olive oil, divided
- Fine-grain sea salt

OFFICE MANAGER

Reporting to the Sales/General Manager, Metro Saskatoon, the right candidate will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Saskatoon operation. As well as provide operational and executive support to the Sales/General Manager, Metro Saskatoon and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:

- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Assist in maintenance and control of the office budget
- Oversee the monthly purchases of office supplies and send required accruals to Metro English Canada
- Recommend and manage office furniture purchases, office supply purchases and all maintenance issues/requests
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Responsible for prompt office maintenance and repair work
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Greet visitors and guests

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 30, 2012. PLEASE QUOTE: "Office Manager - Saskatoon" in the subject line. All submissions will be treated as confidential.

metro

25 IDEAS TO COOL DOWN

When it's blistering hot outside, here are 25 great ways to cool down.

FIRST, REDUCE THE HEAT IN THE HOUSE

1 During the day, close the windows and use shades and blinds to keep the warmer outside air out.

2 Tilt horizontal blinds upwards, according to BC Hydro —this will block heat but still allow light in.

3 Change window dressings to light coloured curtains, etc., which also reflect the heat out.

4 Replace heat-emitting incandescent bulbs with compact fluorescent light bulbs, says Lauren Mangion, Healthy Homes adviser at Green Calgary, an urban environmental non-profit organization.

5 Apply low E reflective film to your windows to reflect heat away. Available at hardware stores.

6 Open windows at night to let cooler outside air in.

7 Plant deciduous shade trees on the southern and western sides of the house, says Mangion.

NEXT, PLAN YOUR ACTIVITIES AROUND THE WEATHER

8 Stay put if it's high noon ... plan activities for early in the morning or late in the day when it's cooler, says Mo Hagan, VP of operations, GoodLife Fitness, London, Ont.

9 Immerse yourself — in a public pool or a lake.

10 Run through a sprinkler with your kids.

11 Spend time at an air conditioned shopping mall, public library, movie theatre or other public space.

12 Midday, relax in an easy chair in the shade and use cooling cucumber slices as a compress on your forehead.

DRESS COOL

13 Wear loose fitting, light-coloured clothing.

14 When Hagan runs in the heat, she soaks a cap in cold water and wears it. This will work if you're gardening, too.

CAMERON SPENCER/PHOTODISC/THINKSTOCK

15 Wear long hair up and off your neck.

REFRESH YOURSELF

16 Keep mist toner spray in the fridge and spritz your face!

17 Hagan suggests that you put rolled up, dampened hand towels in the fridge — to cool down, wipe your face with one or put it around the base of your neck.

18 Store foot cream in the fridge and massage into hot, tired feet. Mint lotion is particularly refreshing because it leaves a cooling sensation.

19 Use ceiling fans, says Mangion — in the summer, they should turn counter-clockwise so they are pushing air down.

20 Make the bed with (cool) white satin sheets.

EAT, DRINK & CHILL

21 Plan easy meals that don't require the stove or oven, says Fran Berkoff, registered dietitian, Toronto. Instead, barbecue and prepare cool, crispy salads.

22 Freeze mandarin segments, cherries and grapes and use them instead of ice cubes in cold water, says Hagan. They take longer to melt, and they taste good, too.

23 Always drink lots of water and other liquids, says Berkoff.

24 Allrecipes.com provides this delicious slushy recipe: Combine four cups cubed seedless watermelon and 10 ice cubes in a blender. Add ½ cup lime juice, ¼ cup sugar and ⅛ tsp salt. Blend until smooth and enjoy.

25 The cold, juicy summer fruits are most refreshing, says Berkoff ... enjoy peaches, melons and oranges, too.

– Ylva Van Buuren

YOUR SUMMER STAIN REMOVAL GUIDE

Handy tips to help you get through the stains of summer.

CLOROX2® STAIN FIGHTER

BURGER BOO-BOOS.

Mmm, juicy burgers with ketchup... too bad it's all over your favourite t-shirt!

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Let stand for 5 – 10 minutes.

LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack. Check that the stain is gone before putting it in the dryer.

TWO SCOOPS OF TROUBLE.

Half of your daughter's ice cream is on the ground. The other half landed on her shirt.

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray with foaming action formulated with TripleSolve™ Technology to penetrate, dissolve and eliminate stains. Let stand for 5 – 10 minutes (don't let dry on fabric) and rinse.

LAUNDER: Wash as usual with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

THE GRASS IS ALWAYS GREENER...

...on your kids' pants.

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Its foaming action will help loosen dirt and break down grass stains. Let stand for 5 – 10 minutes.

LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

SCAN HERE TO LEARN MORE

This guide was brought to you by CLOROX2® STAIN FIGHTER

NOW WITH TRIPLESOLVE™ TECHNOLOGY

Eliminates tough stains the 1st time.

LOOK FOR IT IN THE LAUNDRY AISLE

Available at Walmart

Save money. Live better.

Uncle Sam wants you (and your tax)

It's that time again. Many Americans in Canada don't even realize they are required to file taxes in the country of their birth

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

Your taxes are well behind you for another year, right? Maybe not! For tens of thousands of Americans living here, not to mention Canadian snowbirds, Uncle Sam wants you — to get in touch.

June 15 is the deadline for U.S. citizens to file a required tax return south of the border even if they have been in this country since infancy.

In the last year there was a rumble of panic among U.S. ex-pats as the IRS started flexing its muscle by threatening to chase down and punish those who had fallen behind in their tax returns.

Many Americans in Canada don't even realize they are required to file in the country of their birth. Since then the IRS has relaxed their stance a bit but U.S. citizens still need to comply.

According to H&R Block Canada, U.S. citizens and green card holders (including those whose green card has expired) are required to file Form 1040 annually. Go to irs.gov and search for Form 1040.

Those who paid taxes in Canada will receive a foreign tax credit on their U.S. returns and if you are receiving CPP and or Old Age Security here they are exempt from U.S. tax.

Anyone who kept a U.S. home as a rental after moving to Canada, or has any other income south of 49, will have to declare it on the U.S. return.

The big tax surprise for many Canadian snowbirds is a requirement to communicate with the IRS. If you spent more than 121 days in the U.S. in 2011 or a total of 183 days over the past three years, Uncle Sam is interested.

Filing IRS Form 8840 (the Closer Connection Exception Statement for Aliens) is an annual requirement. You'll be asked about your Canadian ties including passport, family, car registration, where you are registered to vote and even your religious affiliation. Most snowbirds can demonstrate a closer connection to Canada than the U.S. so nothing else is needed.

Again, go to irs.gov, search Form 8840 and mail it to the Department of the Treasury, IRS Centre, Austin, Texas, 73301-0215.

Taxes — you can run but you can't hide.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA

Alison's money rule

"Uncle Sam wants an annual report from snowbirds and the American born."

The people in your 'hood

- **900,000 to 2.5 million.** The estimate of Americans living in Canada.

Just when you thought tax time was over. ISTOCK IMAGES

Bread-and-butter rules

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the Butler, Could you please explain the proper etiquette for slicing bread at the table? Sometimes restaurants serve a small loaf of bread, which is supposed to be cut at the table and shared by the patrons. Do I cut it just for myself or for everyone? I have to hold the other side of the bread while I'm cutting it — isn't this unsanitary for the other people at my table? Rachel

Hello Rachel,

Lets start with the simplest ways to deal with bread at the table. If bread is served in a basket, already cut, then take one piece and put it on your bread-and-butter plate.

If you are served a small loaf in a restaurant, it would always be polite to cut several pieces and offer everyone at the table some of the bread.

In both cases you would always serve yourself last because it is polite to allow others to go before you. As well, hopefully the piece you were holding will become your piece.

The bread bowl at a restaurant comes with a lot of etiquette rules. ISTOCK

Never draw attention to a task at the table; simply cut the bread, offer it around to everyone, then take your piece, all the while having conversations with everyone at the table. Now, just as an aside, technically it is the hostess who deals with offering bread and cutting it, however in a more casual restaurant setting, this is something anyone can do at the table.

Once you have the bread on your plate, how do you deal with butter?

Use the butter knife to take butter from the butter dish to your side plate, then return the butter knife to the butter dish.

Now break a small one-bite size piece of bread and use your butter spreader from your bread-and-butter plate to put a small amount of butter on your bread and eat the entire piece of bread all at once.

Remember, the only time you can ever butter an entire piece of bread and eat it is at the breakfast table.

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- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:
- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 4, 2012. PLEASE QUOTE: "Sales Representative - Saskatoon" in the subject line. All submissions will be treated as confidential.

metro

METRO CUSTOM PUBLISHING
PRESENTED BY

YOUR HEALTHY PREGNANCY

EATING WELL, REST AND EXERCISE ARE PARAMOUNT

Know your limits. That's what Terri Coles advises other pregnant women to keep in mind for a healthy pregnancy.

"I didn't want to admit at first that I was more tired than usual, or queasy. I didn't want to feel limited before I was even showing," says Coles, a 30-year-old Toronto woman pregnant with her first child. "But once I cut things back a bit and got more rest, I definitely felt better."

What else can you do to foster a healthy pregnancy? Ann Douglas, author of The Mother of All books series, shares her top tips to stay healthy over your nine-month stint.

EXERCISE … FOR TWO (OR THREE!)

"Pregnancy is the perfect time to make physical fitness part of your regular routine as a family," says Douglas. "That way, once your baby arrives, you'll be in the habit of taking an after-dinner stroll, for example. You won't have to think twice about remaining active after baby or modelling an active lifestyle to your growing child."

TRY YOGA

Pregnancy yoga classes give you a chance to meet other pregnant women in the neighbourhood. "And you're participating in a prenatal fitness activity that helps to prepare your mind, body, and soul for the challenges of birth and motherhood," says Douglas.

REST, REST, REST

Don't think of sleep as an indulgence, says Douglas. "Instead, sleep is another type of fuel that your body needs to help you take the best possible care of your baby," she notes. "So give in to the waves of fatigue — the kind that makes it almost impossible for you to keep your eyes open when you arrive home from work. Your body is trying to tell you something: You need more rest. Pay attention and nurture your body by giving it what it needs."

WATCH WHAT YOU EAT

The lemonade, ice cream and pickles cravings will come. But also be sure to watch what else you eat. Along with taking prenatal vitamins and folic acid daily to help develop the baby's brain, spine and skull, Health Canada recommends eating at least 150 grams of cooked fish weekly. (Fish is thick with omega-3 fats and nutrients to help with the growth of your baby.)

ALSO KNOW WHAT YOU CAN'T EAT

Health Canada recommends avoiding alcohol and nicotine during pregnancy. Caffeine should also be limited — but check with your health-care provider to determine how much caffeine, if any, you can have per day.

– Astrid Van Den Broek

WHAT YOU WILL NEED WHEN BABY COMES HOME

Do you need a Miracle Blanket? How about a diaper warmer for your soon-to-arrive baby? "It's easy to over shop for baby," says Ann Douglas, author of The Mother of All books series.

So here are her top tips on what you will really need once your baby comes home.

- Change station: This could be a change table or simply a changing pad attached to a dresser top. "Some parents find it works well to set up one or more mini-change stations around the house," says Douglas.
- Newborn and Size 1 diapers and wipes.
- Comfortable nursing chair with foot support.
- Bassinet, playpen or crib.
- Dresser for baby's clothes
- Baby clothes. (For the early months, Onesies and sleepers will do.)
- Baby blankets. "Treat any crib blankets you receive as wall decorations," notes Douglas. "Babies shouldn't sleep with blankets due to the increased risk of sudden infant death syndrome (SIDS)."

THE THREE TRIMESTERS

Found out you are pregnant? Congratulations! Here is a look at the 40 weeks of pregnancy.

FIRST TRIMESTER (WEEKS 1-12)

This is the trimester of waiting … and often nausea. "Once you find out that you're pregnant, you spend the next two months waiting to see if the pregnancy is likely to thrive," notes Ann Douglas, author of The Mother of All books. "The rise of miscarriage drops significantly after the first trimester." This trimester also comes with symptoms such as headaches, constipation, bloating, frequent urination and tender breasts. "Once you reach the six-week pregnancy mark, you may find you experience mild nausea or out-and-out vomiting under certain circumstances," adds Douglas, noting that about one in five women don't experience any nausea or vomiting in pregnancy. If nausea is a problem, try to avoid an empty stomach — your nausea may worsen at that point.

SECOND TRIMESTER (WEEKS 13-27)

This is the glory trimester: For many women the nausea and vomiting is gone, you start to feel the baby move … yet you aren't uncomfortably large yet. "And as the pregnancy continues, the movements become strong enough for them to be noticed and felt by other people," says Douglas.

THIRD TRIMESTER (WEEKS 28-40)

This is the home stretch, says Douglas. "Third trimester complaints include frequent trips to the washroom because your uterus is pressing down on your bladder, a sore back, swollen ankles from fluid retention, and insomnia," notes Douglas. Baby is really growing. So how can you feel your best during this body-shifting time? Douglas recommends maintaining a healthy pregnancy by eating well and sleeping when your body craves it. Also, look for women in your neighbourhood who are pregnant and experiencing the same things you are. "You'll appreciate their support and friendship, both during your pregnancy and after your babies arrive," Douglas says.

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TRY NOT TO STRESS: GO FROM 'HAVE TO' TO 'WANT TO'

WHEN YOU'RE TRYING TO GET PREGNANT AND TRACKING OVULATION, THE TWO MOST FERTILE DAYS ARE SO IMPORTANT

But sometimes it can make sex seem more like a chore and less pleasurable. With a little patience, creativity and communication, trying to conceive can be a fun and intimate experience for both you and your partner.

Introducing a personal massager into your relationship can be a new way to enhance your shared sexual experience, adding more pleasure and fun into trying to get pregnant. In fact, according to the 2011 Leger Marketing Survey, more than 80 per cent of people who have used a personal massager have used it with their partner, so it can be a natural addition.

This is important as stress and the negative feelings associated with planning to have a baby can actually affect your chances of getting pregnant, according to babyhopes.com. Increasing intimacy with your partner can help lead to a happier, more relaxed, and more positive you.

Personal massagers, such as TROJAN® Vibrating Tri-phoria® are now available at many major drug, food and mass retail locations where TROJAN® condoms are sold, and online at TrojanVibrations.ca.

KNOW YOUR TWO BEST DAYS TO CONCEIVE

There are only about two days a month when you are most likely to get pregnant. An ovulation test, like the FIRST RESPONSE® Digital Ovulation Test, can help you pinpoint your two best days to try to conceive.

GET TO KNOW YOUR CYCLE

- Every month ovulation happens when an egg matures, leaves your ovary, and travels down one of your Fallopian tubes.
- Ovulation is primarily triggered by a monthly surge in Luteinizing Hormone, or LH. This happens in the 24 to 36 hours before ovulation.
- For your best chance at getting pregnant, have intercourse within 24 to 36 hours after detecting the LH surge.
- Menstrual cycles can vary from 20 to 44 days, so the day of the month you ovulate can vary significantly. Most women don't ovulate exactly at mid-cycle. So much variation can make it difficult to find your peak fertility.
- Using an at-home ovulation test can help improve your chances of determining when is the right time for you to get pregnant.

DID YOU KNOW?

Drinking excessive amounts of liquid can dilute the LH in your urine. Therefore, it's best to reduce your liquid intake for two hours before testing.

EXPERTS RECOMMEND

Know More

If you are on the birth control pill, experts recommend you stop using it one to two months before trying to conceive. This will give you the opportunity to better understand your body and get to know your cycle. Look for an alternative contraceptive method — for instance, the maker of TROJAN® brand condoms offers many different varieties of condoms to choose from.

Note: *If you are unsure about your cycle length or when to start testing, call First Response toll-free at 1-800-268-3186, from Monday-Friday, between 7 a.m. and 5 p.m. ET.*

INTRODUCING THE FIRST RESPONSE® DIGITAL OVULATION TEST

- It knows your body. It's the only ovulation test that actually detects your own personal LH surge. It detects and tracks your personal daily baseline levels of Luteinizing Hormone to detect your personal LH surge, unlike other ovulation tests that use a preset "average" level to determine the surge.
- Unmistakable YES+/NO- results. YES+ means try to conceive in the next 24-36 hours; NO- means continue to test daily.
- Unsurpassed accuracy — More than 99 per cent accurate.*
- Comes with 20 test sticks and a digital reader for a one-month supply.

Visit 1stresponse.ca for a downloadable ovulation calculator to help you keep track!

**More than 99 per cent accuracy in detecting LH surge in laboratory studies (read complete directions for use on carton). Certain medication conditions and drugs can adversely affect the reliability of this test for predicting ovulation. For details, visit 1stresponse.ca.*

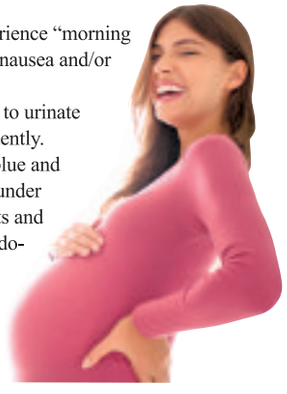
KNOW IF YOU ARE PREGNANT ALMOST AS SOON AS YOUR BODY DOES

Early pregnancy is a vital time for fetal development. Being able to know if you are pregnant sooner helps you get a head start on making healthy choices for yourself and your baby.

FIRST RESPONSE® has the only test that tells you five days before your expected period. When you are waiting to find out if you are pregnant, one day can feel like a lifetime. Using the FIRST RESPONSE® Early Result Pregnancy Test means you will know as soon as possible — no other home pregnancy test tells you sooner!**

YOU MIGHT BE PREGNANT IF …

- You miss your period.
- Your breasts are tender or swollen, or have raised glands in the area around the nipple.
- You experience "morning sickness" (nausea and/or vomiting).
- You have to urinate more frequently.
- You see blue and pink lines under your breasts and on your abdomen.
- You have unusual food cravings.



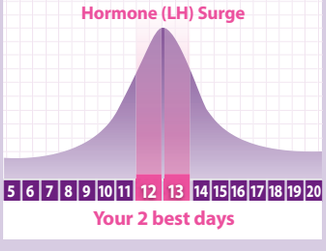
***Read product packaging for more information on testing early. In clinical testing, FIRST RESPONSE® Early Result Pregnancy Test detected the hormone levels in 62 per cent of women five days before their expected period; in 78 per cent of women, four days before their expected period; in 87 per cent of women, three days before their expected period; and in 98 per cent of women, two days before their expected period.*

Every woman is unique.
FIRST RESPONSE® Ovulation Test understands that.

FIRST RESPONSE® Digital Ovulation is a revolutionary new ovulation test that can accurately detect your 2 best days to conceive.

Unlike most tests that use a preset average, the FIRST RESPONSE® Digital Ovulation Test has a Digital Reader that remembers your Luteinizing Hormone (LH) levels and is able to detect your own unique LH surge to determine the best time for you to become pregnant.[1]

Knowing the best time to conceive can be a real guessing game, especially for women with irregular periods. New FIRST RESPONSE® Digital Ovulation Test understands that. It's a breakthrough home-use ovulation test that can accurately identify a woman's most fertile days based on her individual hormone levels. Making it easier for couples to determine their best days to conceive.



How the FIRST RESPONSE® Digital Ovulation Test works.

The FIRST RESPONSE® Digital Ovulation Test identifies your 2 best days to become pregnant by detecting a surge of Luteinizing Hormone (LH) in your urine. An increase in LH means your body is ready to release an egg (ovulation). If you have intercourse within 24-36 hours after detecting the LH surge, you're more likely to become pregnant.

1 Data on file, Church & Dwight Co., Princeton, NJ 2011

2 Over 99% accurate in detecting the LH surge in laboratory studies (based on directions for use).

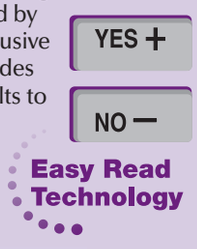
FIRST RESPONSE® Digital Ovulation Test understands your body.

FIRST RESPONSE® Digital Ovulation Test has advanced technology that can detect your unique LH surge based on your daily Luteinizing Hormone (LH) levels.[1]

With the FIRST RESPONSE® Digital Ovulation Test you begin daily testing on Day 5 of your period. Hormone levels recorded from Days 5, 6, and 7 of your period are saved into the Digital Reader's memory to set your baseline and determine your unique LH surge level. Continued testing from that point will allow you to determine your own unique LH surge, the time when you're most likely to become pregnant if you have intercourse within 24-36 hours of detecting the surge.

Trust the test with unsurpassed accuracy.

When it comes to detecting a woman's unique LH surge, laboratory studies show FIRST RESPONSE® Digital Ovulation Test to be over 99% accurate, unsurpassed by any other test in the market. And our exclusive EasyRead™ technology provides unmistakable YES+/NO- results to eliminate the guesswork out of detecting your best days to conceive.[2]



FIRST RESPONSE® OVULATION

For your best chance to conceive, trust the test designed for you.

1stresponse.ca/ovulation

4

SPORTS

MLB

"I want a ball called a ball and a strike called a strike. Figure out how to do it."

Boston Red Sox manager Bobby Valentine, who was still steamed about umpiring on Tuesday, a day after being ejected, and said technology should be used to eliminate human error in calling balls and strikes.

MLB

Jays lose Morrow in loss to Nats

Adam LaRoche hit a two-run homer and Edwin Jackson pitched eight strong innings Monday as the Washington Nationals defeated the Toronto Blue Jays 6-3. The night started off on the wrong foot for the Jays, who lost starter Brandon Morrow after just nine pitches in the first inning with a strained left oblique. He's listed as day-to-day.

THE CANADIAN PRESS

On the web

Majority owner Michael Heisley has been trying to sell his Memphis Grizzlies for years to just the right person, and the Illinois billionaire finally found his buyer. Heisley said Monday he has an agreement to sell the team to Robert J. Pera, a 34-year-old billionaire from California. Scan the code for the story.

The Kings celebrate as time expires during Game 6 at the Staples Center in Los Angeles. JULIE JACOBSON/THE ASSOCIATED PRESS

Kings take seat on NHL throne

NHL. Los Angeles seals deal by scoring three times in first during Devils' major penalty

It was worth the wait.

After 45 long years, including two near-misses in the last week, the Los Angeles Kings have finally been crowned Stanley Cup champions. The party kicked off before the first period even ended Monday as Los Angeles romped to a 6-1 series-clinching victory over the stunned New Jersey Devils.

The game turned on a penalty that should immediately erase Marty McSorley's 1993 illegal-stick call as the most memorable in Kings history. Devils forward Steve Bernier was given a five-minute major for boarding just over 10 minutes into the game after bloodying Rob Scuderi with a hard hit from behind, and Los Angeles made him pay.

First captain Dustin Brown got a puck behind Martin Brodeur. Then Jeff Carter followed. By the time Trevor Lewis made it 3-0 at 15:01, the Staples Center crowd knew the Kings had all the goals they needed.

After all, Jonathan Quick didn't allow more than that in any game during a dominant run through the playoffs. The Kings goaltender was awarded the Conn Smythe Trophy as playoff MVP for his dominant performance in goal.

Quick didn't face a lot of shots in Game 6. His toughest task was staying composed as the score went up.

"As much as you keep pushing it out of your mind it'll creep back in," he said. "Especially when you get that four-goal lead and it's hard for it not to creep into your head a little bit. But you keep reminding yourself how dangerous of a team they are, and the second you become relaxed and get your mind off what you're supposed to be doing, that's when they'll take advantage of you."

The Devils were the first team since 1945 to even force a Game 6 in the Stanley Cup final after trailing 3-0 in the series, and the clincher highlighted why the task of coming all the way back is so daunting. There's no room for bad bounces or bad luck.

New Jersey was where it wanted to be after weathering an early storm and killing off a minor penalty. And then Bernier crashed into Scuderi. The most difficult part of that penalty for the Devils was the fact it came just seconds after Jarrett Stoll had hit Stephen Gionta from behind without a call.

Series over.

The Devils were shaken and their hopes of forcing a Game 7 were soon shattered. It's extremely rare to see a team score three times on a major penalty, especially against a New Jersey penalty kill that was the NHL's best in the regular season at 89.6 per cent. They couldn't maintain that level in the playoffs.

Carter added another goal in the second period while Adam Henrique got the Devils on the board just over a minute before the intermission. However, there was no doubting the outcome as the final 20 minutes ticked away and resignation started to settle in on the New Jersey bench.

"It's pretty awesome, obviously, when you have a three- or four-goal lead with five minutes left and you know what these guys are capable of doing, then you start seeing it on the bench," Kings coach Darryl Sutter said. "It's the feeling ... seeing them so happy and the work that you go through."

THE CANADIAN PRESS

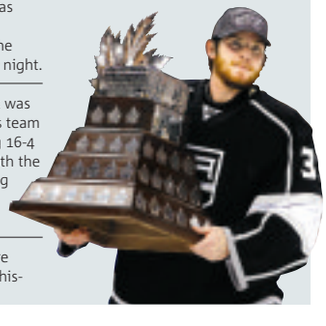
Game 6

Kings	Devils
6	1

Quick answer to Conn Smythe question

No one will be overlooking Jonathan Quick now.

- The Kings goaltender was given the Conn Smythe Trophy after clinching the Stanley Cup on Monday night.
- It was no contest. Quick was the backbone of a Kings team that went on a stunning 16-4 run in these playoffs, with the goaltender only allowing three goals in a game on two occasions.
- His playoff statistics were among the best in NHL history: A .946 save percentage and 1.41 goals-against average to go with three shutouts.



MLB

Testimony wraps up at Clemens perjury trial

His large frame towering over the microphone, Roger Clemens leaned forward at the podium and declared to the judge: "Yes sir, I am not testifying."

The government presented three rebuttal witnesses Monday after the defence rested its case at the Roger Clemens perjury trial.

The trial will determine whether Clemens lied when he told Congress in 2008 that he never used steroids and human growth hormone. Closing arguments will be heard Tuesday. The case could go to the jury Tuesday afternoon.

THE ASSOCIATED PRESS

French Open

Nadal makes history with 7th title in Paris

Rafael Nadal was worried.

A guy so unflinching, so nearly unbeatable at the French Open, got a case of nerves during the 18 hours he and Novak Djokovic waited for the restart of their rain-interrupted final at Roland Garros.

Instead of focusing on how close he was to winning a record seventh French Open, Nadal grew increasingly wary of the other possible outcome: A loss in a fourth consecutive Grand Slam final against Djokovic, who was trying to become the first man since 1969 to collect four straight major titles.

When play was halted on Sunday, Nadal was clinging to an shrinking lead. But the King of Clay overwhelmed the No.1-ranked Djokovic for the nine games they played Monday, wrapping up a 6-4, 6-3, 2-6, 7-5 win.

"You never know if you're going to win another one," said the second-ranked Nadal, who now owns 11 Grand Slam titles.

"I don't know if I am the best or not," he added. "I am not the right one to say that." THE ASSOCIATED PRESS

Rafael Nadal celebrates on Monday in Paris. THE ASSOCIATED PRESS

Roller-coaster playoff ride for Bosh

NBA. Heat forward's emotional post-season could end with title

Miami Heat forward Chris Bosh is interviewed during practice on Monday in Oklahoma City. Game 1 of the NBA finals between the Heat and the Oklahoma City Thunder is scheduled for Tuesday. SUE OGROCKI/THE ASSOCIATED PRESS

Chris Bosh has watched the birth of his son, collapsed to the court in agony with a strained abdominal muscle, seen his team sputter many times during nine games without him, then dealt with the death of a masseuse who was stricken at his home.

And all since this Miami Heat playoff run began.

"I think about those things every day," Bosh said.

His run of emotional ebbs and flows in recent weeks is on the upswing again. He's returning to the NBA finals, and if the Heat are going to win it this time, Bosh likely will have to play a major role when they take on the Oklahoma City Thunder starting on Tuesday night.

His importance is unquestioned, at least by the Heat.

Where he exactly fits in the rotation these days, that's still in some doubt. Bosh says it's "irrelevant" as long as he's getting minutes.

He didn't start any of the three games he played in the Eastern Conference finals against the Boston Celtics. But with the series — and the entirety of a championship-or-bust season — on the line in the fourth quarter of Game 7, Bosh hit perhaps the most important shot of all, a three-pointer that helped kickstart what became a 20-6 run to end the game.

Bosh may be viewed as the third wheel of Miami's Big Three by those on the outside. Within the Heat locker room, maybe no other player is more valued, especially by the other two sides of the superstar Heat triangle, LeBron James and Dwyane Wade.

"Chris is big," James said after Game 7.

"Huge," Wade added.

"Game ball automatically goes to him," James continued. "Without his production tonight, we don't win.... We haven't had that type of activity, that firepower off the bench, since we got here. It's unique. It's very unique that C.B. is coming off the bench, but it may be something great for us."

THE ASSOCIATED PRESS

Guarding the Thunder

Heat wary of Westbrook

The Miami Heat know there's another all-star point guard standing between them and the championship after surviving a steady threat of Rajon Rondo triple-doubles to reach the NBA finals.

Russell Westbrook poses a different kind of triple threat with his blazing speed, defensive intensity and often deadly shooting. He brings the Oklahoma City Thunder into the finals playing some of the best basketball of his young career.

Heat guard Dwyane Wade said Monday he considers Westbrook "the most athletic guy in the NBA for what he does." Wade will share responsibilities in guarding Westbrook when the series starts with Game 1 on Tuesday night in Oklahoma City.

THE ASSOCIATED PRESS

Tennis

Raonic opens tournament with 19 aces in victory

Canadian Milos Raonic defeated Philipp Petzschner 7-5, 7-6 (1) in his opening match at the Gerry Weber Open on Monday.

Raonic, the No. 5 seed from Thornhill, Ont., served 19 aces in the straight-sets victory over the German, who made it to the final of the 2011 event. Raonic will next play Ze Zhang of China, who overcame another German, Tobias Kamke, 6-4, 7-6 (2).

Philipp Kohlschreiber began his title defence at the grass-court tournament with a win over wild card Dustin Brown in an all-German matchup.

The 163rd-ranked Brown twice pushed Kohlschreiber to a tiebreak, before the eighth-seeded defending champion won 7-6 (4), 7-6 (4) in one hour 23 minutes.

The 28-year-old Kohlschreiber will face Lukas Kubot after the Pole beat Jarkko Nieminen of Finland 6-4, 6-4.

Rafael Nadal, who won his record seventh French Open title earlier Monday, and five-time winner Roger Federer both have byes to the second round.

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Canada focused on next opponent

After Canada's men's soccer team overcame the scorching heat and spotty pitch to upset Cuba on foreign soil last Friday, coach Stephen Hart allowed his players a brief time to revel in the result.

Then they promptly filed those feelings away.

Canada hosts Honduras on Tuesday in the second game of the third round of CONCACAF World Cup qualifying. Another victory would give Canada six points and some considerable breathing room heading into a two-month break.

"(I told them) the usual stuff: Enjoy the moment for a couple of hours and then understand that you've achieved nothing, we've achieved nothing," Hart said after practice Monday at BMO Field in Toronto.

The 77th-ranked Canadians defeated Cuba 1-0 on Friday, while No. 46 Panama defeated 55th-ranked Honduras 2-0 in the other game in the group.

After Tuesday's matchup, the national side, gunning to make its first World Cup appearance since 1986, takes a break before picking up World Cup qualifying again in September.

Stephen Hart GETTY IMAGES FILE

"It's going to be massive for us. We don't want to go into the next two months with any regrets of what could have been if we'd won maximum points," said David Edgar, whose well-placed cross led to Olivier Occean's goal versus Cuba.

The Canadians played through soaring heat on Friday that left Hart joking that he just hoped his players "didn't die." They also played a man short after keeper Lars Hirschfeld was shown a red card for handling the ball outside of the box.

Milan Borjan played well as Hirschfeld's replacement, immediately facing a dangerous free kick.

"It was difficult because I didn't warm up or anything, it was a tough situation to come in on, winning 1-0, a free kick on the 18-yard box," Borjan said. "But the guys gave me the confidence, the coaches they gave me confidence, so it was good."

He'll be Canada's goalkeeper against Honduras while Hirschfeld serves a one-game suspension.

Hart said he has faith in whichever Canadian keeper he has in net, saying there's little difference between the two.

"New goalkeeper, different name," Hart said. "Other than that, the players wouldn't be picked if I didn't think they could do the job."

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Quoted

"OK, it's a home game, but I think Honduras has too much experience to be desperate."

Canada head coach Stephen Hart on the mindset of Honduras following a loss.

Co-host triumphs.
Shevchenko scores two as Ukraine beats Sweden

Andriy Shevchenko made his coach look brilliant, scoring two great headers Monday to give Ukraine a 2-1 win over Sweden at the European Championship.

After Zlatan Ibrahimovic had given Sweden the lead in the 52nd minute, Shevchenko responded by heading in the equalizer just three minutes later and then added the winner in the 61st.

The victory gives Ukraine a serious chance of advancing from Group D after England and France drew 1-1, while Sweden faces an uphill battle to remain in the tournament.

Group D

2	1
Ukraine	Sweden

Oleh Husyev of Ukraine, right, and Olof Mellberg of Sweden vie for the ball during a Euro 2012 Group D match on Monday in Kyiv. LAURENCE GRIFFITHS/GETTY IMAGES

Shevchenko is already a national icon in Ukraine and carried the hopes of the team going into the tournament. In front of a sea of yellow and blue in the packed Olympic Stadium, he certainly didn't disappoint. He rewarded the faith coach Oleg Blokhin showed in the veteran.

Showing flashes of the scorer's instinct that once made him one of the world's top strikers, Shevchenko beat Olof Mellberg to a cross for his first goal and then met a corner to head the ball inside the near post for the second.

That set off shouts of "Sheva" that may reverberate throughout the nation for a long time.

Shevchenko was given a well-deserved standing ovation as he was taken off in the 81st minute.

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Turf trouble. Spain considers protest to UEFA over stadium grass

Spain was considering filing an official protest to UEFA over the state of the pitch at Gdansk's PGE Arena in Poland after Italy's refusal to consent to extra watering left it dry for their opening Euro 2012 game.

Spain coach Vicente del Bosque as well as players Andres Iniesta, Xavi Hernandez and Cesc Fabregas all complained about the turf following Sunday's 1-1 Group C draw, which affected the defending champions' passing game.

Spain's bid may come too late, however, as UEFA rules say any protests lodged during the tournament "must be presented in writing ... within a maximum of 12 hours of the end of the match."

Otherwise, captain Iker Casillas would have had to make an official protest in the presence of Italy captain Gianluigi Buffon during the match.

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Rule book

12

UEFA rules state that any protests lodged during the tournament "must be presented in writing ... within a maximum of 12 hours of the end of the match."

No change

Russia coach pledges more of the same

Don't expect any major changes to Russia's lineup or attacking style of play when the team takes on Poland at Euro 2012.

The Russians beat the Czech Republic 4-1 in their opening Group A match, and they will next face the co-hosts on Tuesday.

"There's not much reason to make big changes," Russia coach Dick Advocaat said Monday.

The way the Russia forwards cut through the Czech defence on Friday elevated Advocaat's team to the ranks of tournament favourites, and the Dutch coach knows a win against Poland would guarantee a quarter-final place with a match to spare.

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Joleon Lescott of England heads the ball past Hugo Lloris of France during a Euro 2012 Group D match on Monday in Donetsk, Ukraine. IAN WALTON/GETTY IMAGES

France and England trade goals in draw

Rivals deadlocked
1-1. France winless at a major tournament since 2006 World Cup

England held on for a 1-1 draw with France on Monday at the European Championship, giving the Group D favourites one point each.

Joleon Lescott put England in the lead with a header in the 30th minute, and Samir Nasri levelled for France shortly before halftime with a strike into the bottom corner.

The draw means France has still not won a match at a major tournament since the 2006 World Cup. The national team, however, is unbeaten in its last 22 matches.

"I think we have to be happy with that," France coach Laurent Blanc said. "We were too timid at the start ... and then we got better actually after we conceded the goal."

England took the lead when captain Steven Gerrard curled in a free kick from the right after Patrice Evra had fouled James Milner, and Lescott was able to nod the ball past France goalkeeper Hugo Lloris.

France's equalizer was all about one-touch football as Florent Malouda, Evra and Franck Ribery flicked the ball around the left side of England's penalty area to free up space for Nasri, who put in a low shot before England goalkeeper Joe Hart could react.

After running away in celebration, television replays showed Nasri had shouted "Ferme ta geule," or "Shut your mouth," as he looked in the direction of the England bench. He then brought his finger to his lips as if to tell someone to hush.

The gesture was aimed as a French journalist from sports daily L'Equipe, who had questioned his form in an article the day before the match.

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Men down

England's injury curse extends to the coaching staff at Euro 2012.

Roy Hodgson has already lost four members of the squad to tournament-ending injuries and now goalkeeping coach Ray Clemence is going home for surgery.

Clemence snapped an Achilles' tendon while warming up the 'keepers before England's 1-1 draw against France on Monday.

Hodgson says "the hoodoo with injuries continues.... He's in an awful lot of pain and has to go back to England."

Midfielders Gareth Barry and Frank Lampard, defender Gary Cahill, and goalkeeper John Ruddy have been forced out of Euro 2012 with injuries.

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French let victory slip away

Wilting in the heat and technically inferior to the French, England escaped with a draw from their first Euro 2012 opener.

And France, with the flair and guile England lacked for most of the match, will be ruing a missed opportunity.

"The side that played the most football was France," France coach Laurent Blanc said.

That was borne out in the statistics.

While the French completed 634 passes, their opponents managed just 307 while having less than 40 per cent of possession in what was largely a containment exercise by Roy Hodgson's side.

France defender Patrice Evra compared England's defensive tactics with Chelsea's in the Champions League last season. But they succeeded for the London club, which dispatched Barcelona and then overcame Bayern Munich to lift the European Cup last month.

"We are frustrated," Evra said. "I think we played much better. In the end it was a draw and we are a little bit frustrated. At times it was like there were 15 bodies on the field."

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James Milner of England clashes with Franck Ribery of France during their match on Monday. LARS BARON/GETTY IMAGES

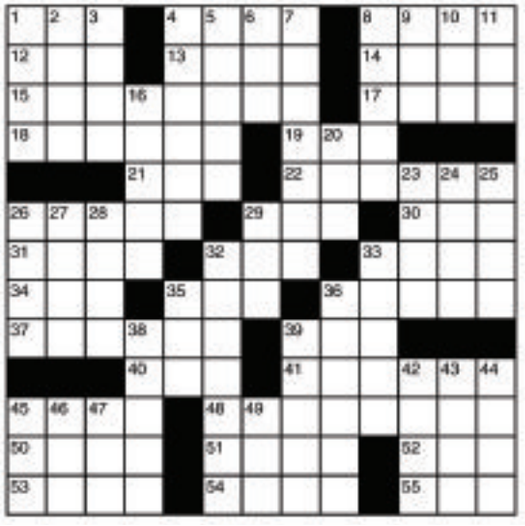
Crossword

Across

1 Possessed
4 Charitable donations
8 Earth
12 Exist
13 Throb
14 Busy with
15 Tongue
17 Leftovers
18 Prey on the mind
19 Prior night
21 Lepidopterist's prop
22 Duration
26 For all to hear
29 Whammy
30 "7 Faces of Dr. —"
31 Conks on the noggin
32 Blackguard
33 Hamilton foe
34 Scratch (out)
35 Vagrant
36 Majorette's staff
37 Hang around
39 Chap
40 Peculiar
41 Ducked a big wedding
45 Fly high
48 Dull, tedious portion of a book
50 Overly proper one
51 Falco of "The Sopranos"
52 Paid player
53 Competent
54 Burpee buy
55 Bribe

Down

1 Head light
2 Speedy steed
3 Hideaways
4 Mistreated
5 Minimum
6 Periodical, for short
7 Pittsburgh athlete
8 Vamp
9 Inseparable
10 "— Impossible"
11 Realtor's offering
16 Category
20 Annoy
23 Fill till full
24 Tahitian dish
25 Trumpet
26 First victim
27 Trickster god
28 Tournament format
29 Drone
32 Spoils
33 Sluggish body of water
35 Cot
36 Distended
38 Overeat
39 Aladdin's ally
42 Energizes, with "up"
43 Modern-day money
44 Let fall
45 Resort
46 Scepter topper
47 Be below par
49 Honor in verse



Sudoku

4				7				3
	2				4	7	1	
	6		5	8				
	1					5		
5		8				9		1
		2					4	
				3	6		2	
	3	6	9				5	
7				5				8

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	9	6	7	2	5	1	3	8
5	7	3	4	1	8	9	6	2
6	1	2	3	9	6	7	4	8
7	3	6	9	5	1	8	2	4
8	4	9	6	3	2	5	1	7
2	5	1	8	7	4	3	9	6
3	6	7	1	4	9	2	8	5
1	2	4	5	8	3	6	7	9
9	8	5	2	6	7	4	3	1

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

E YWEQHZMKWLQHS ZUZZQKH

OUAP QH E TKKCQHS

EWUE LQSOM YU TEAAUP M

OU CQMTOUH MOQHC.

Yesterday's Cryptoquip: WHEN WILD ANIMALS ARE VERY MANNERLY, SHOULD YOU SAY THEY'RE ON THEIR BEAST BEHAVIOR?

Today's Cryptoquip Clue: Z equals S

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 14°/8° Variable
Tuesday 22°/11° Showers 70%
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Horoscope

Aries | March 21 - April 20. The planets warn that if you are not careful you could spend a fortune today.

Taurus | April 21 - May 21. Write your goals down on a piece of paper and look at them at odd moments throughout the day.

Gemini | May 22 - June 20. Friends and work colleagues alike are relying on you to take the lead and show them the way, so push personal worries to the back of your mind and do what you can to assist them. You'll be assisting yourself too.

Cancer | June 21 - July 22. Others may bend the rules and get away with it but you must not allow yourself to be so tempted.

Leo | July 23 - Aug. 22. Follow your dreams wherever they may lead you, no matter how far that may be from where you are now.

Virgo | Aug. 23 - Sept. 22. It's quite possible that you will come into money over the next day or two, but if you do it's unlikely that you will hold on to it for long. There are just so many beautiful things you want to possess.

Libra | Sept. 23 - Oct. 22. Your rivals may seem confident but the fact is they are as scared of you as you are of them — maybe more so. Challenge them directly today and don't be surprised if they back down and let you win.

Scorpio | Oct. 23 - Nov. 21. Reach out to other people and help them feel good about themselves.

Sagittarius | Nov. 22 - Dec. 21. The problem you face today will require a certain amount of abstract thinking if you are going to solve it successfully.

Capricorn | Dec. 22 - Jan 20. Loved ones will forgive you almost anything today — if you say sorry and if your regret sounds genuine.

Aquarius | Jan. 21 - Feb 18. Resist the urge to criticize other people, both in your private life and in your working environment. In fact, go out of your way to give them your support, even if you don't think they deserve it.

Pisces | Feb. 19 - March 20. Discussions of all kinds will go well today, especially if you give those you deal with the impression that you are as eager for them to do well as you are to do well yourself.

SALLY BROMPTON

Caption Contest

"My mom says if I want to be cute I otter smile more."
Kassia & Jessica

MARK M. GASKILL/DETROIT ZOO/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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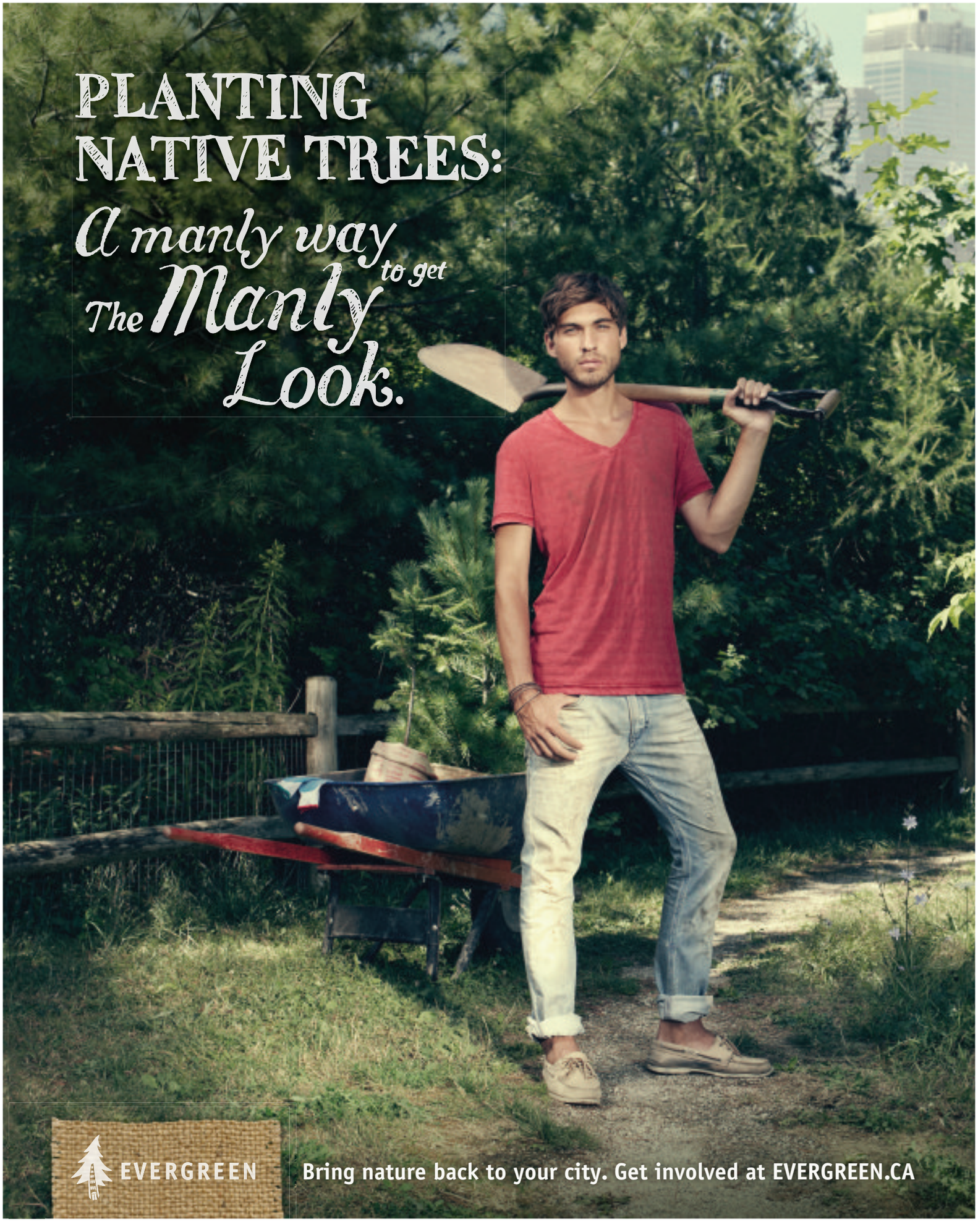
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